

# Natural Lifestyle

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May/June 2026



## ESSENTIAL IRON

Are you getting enough iron?

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## POLLEN DEFENCE

Building your hay fever defences



# Men's health MOT

An essential guide to male wellness

Plus »

◆ PLANT-BASED PREP ◆ READER TRIAL – APPLY TO TAKE PART  
◆ DIGESTIVE ENZYMES EXPLAINED ◆ NATURAL LIFESTYLE GIVEAWAYS



Cheer!



Hop!



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Twirl!



Skip!



Jump!

# Clean Kids' Vitamins

TO FEEL GOOD ABOUT





**NATURAL LIFESTYLE MAGAZINE,**

Target Publishing Limited,  
The Old Dairy, Hudsons Farm,  
Fieldgate Lane, Ugley Green,  
Bishops Stortford CM22 6HJ  
t: 01279 816300  
e: info@targetpublishing.com  
www.mynaturallifestyle.com

**EDITOR**

RACHEL SYMONDS  
e: rachel.symonds@targetpublishing.com

**CONTRIBUTORS**

Siobhán Carroll, Dr Rashmi Acharya, Anish Patel,  
Lindsay Powers

**THE TEAM**

**SALES DIRECTOR**

RUTH GILMOUR  
e: ruth.gilmour@targetpublishing.com

**KEY ACCOUNTS DIRECTOR**

ABIGAIL HAYS  
e: abigail.hays@targetpublishing.com

**SENIOR SALES EXECUTIVE**

JAMES LLOYD  
e: james.lloyd@targetpublishing.com

**DESIGN AND PRODUCTION**

EMMA SHUFFIELD  
e: emma.shuffield@targetpublishing.com

**ADMINISTRATION/DISTRIBUTION**

DONNA WENHAM  
e: donna.wenham@targetpublishing.com

**ACCOUNTS**

ALISON BARNES  
e: alison.barnes@targetpublishing.com

**MANAGING DIRECTOR**

DAVID CANN  
e: info@targetpublishing.com

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LIVE WELL —  
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# May/June 2026 Welcome



Sleep and stress rank among the biggest concerns that Brits are seeking help and advice for, so big an issue have both become in our modern world. And it's perhaps no surprise, given the fast-paced nature of our lives today, with all the stresses and anxiety that can bring. Worrying, this becomes a vicious cycle; the more stressed we are, the harder it is to sleep, yet when we are tired or not getting enough quality shut eye, that puts extra stress on our body. And so it continues.

Health stores are a great place to help you break that cycle, as not only can the team there offer you advice about ways you can sleep better and ease the stress effects, but they can also recommend quality products to ensure you are nourishing yourself from the inside out.

Also here to help is this magazine with our latest reader trial in association with BioCare. For this trial, we are putting BioCare's Magnesium Glycinate to the test. Magnesium is such a critical mineral for over 300 enzymatic functions in the body, but it is specifically known to be useful around calming and supporting sleep. You can read more about the product on page 28, where you can also find out how to apply to be part of the trial. We look forward to putting this product to the test and will be bringing you the results later in the year.

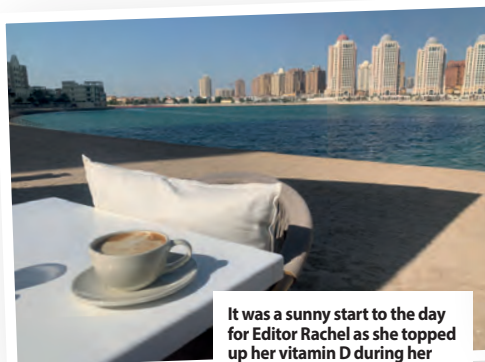
Also in this issue, we bring the spotlight onto men's health with our in-depth guide to holistic male wellness. Our panel of natural health experts discuss the key issues to be aware of, and the approaches to take to ensure wellbeing. You can read about it on page 24. Also in this issue, we bring you a guide to surviving hay fever season with natural approaches, and also have a collection of giveaways to support your holistic journey.

And as always, if you have any feedback or suggestions on the magazine, feel free to email me at [rachel.symonds@targetpublishing.com](mailto:rachel.symonds@targetpublishing.com)

*Rachel Symonds,*  
**Editor**

## The best bits

An insight into what the *Natural Lifestyle* team have been up to this month.



It was a sunny start to the day for Editor Rachel as she topped up her vitamin D during her temporary relocation in Qatar.



Sales Exec, James, rode the Paris Roubaix cycling race route in France

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## HEALTH



### Brits believe UPFs are designed to be addictive

New research has revealed that nine in 10 Brits think ultra processed foods (UPFs) are engineered to be addictive, with nearly half backing controls.

The poll from global healthy eating app, Lifesum, revealed 90 per cent of British adults think UPFs are deliberately engineered to be hard to stop eating, with almost half supporting regulation similar to tobacco or alcohol. It was also found that more than four in five (81 per cent) have felt unable to stop eating certain UPFs once they start, while two-thirds (67 per cent) report trying – and failing – to cut back. Eight in 10 (80 per cent) say they feel regret or frustration after eating them. And there is growing calls for regulation; 81 per cent support clearer warning labels, 59 per cent support restrictions on marketing, and 47 per cent support regulation similar to tobacco or alcohol.

The results come amid growing scrutiny of UPFs; researchers from Harvard University, the University of Michigan and Duke University have argued that UPFs share similarities with cigarettes, including engineered reward pathways and marketing strategies designed to drive repeated consumption.

In the UK, around 57 per cent of total calorie intake comes from UPFs, according to analysis of the UK National Diet and Nutrition Survey published in *BMJ Open*. High consumption has been linked to increased risk of obesity, type 2 diabetes and cardiovascular disease, key drivers of healthcare costs and absenteeism.



### STUDY FINDS BRITS UNAWARE OF OMEGA 3 IMPORTANCE

A major UK study has found millions of Brits could be missing the benefits of omega 3.

The study, from supplement brand, Seven Seas, found just 34 per cent recognise omega 3's support in healthy ageing, while almost a fifth of Brits don't know what omega 3 is good for at all.

The study did show half the UK population worries about not getting enough in their diet. Despite this, 47 per cent are unaware of the amount of omega 3 you should consume each day for health benefits. While omega 3 is key to support heart and brain health, fewer than a third of Brits associate omega 3 with other benefits, such as maintaining blood pressure and supporting eye health.

The most common reason for not consuming oily fish is taste and smell, with 54 per cent

sharing this sentiment. And yet, though it offers a simple solution, supplementation remains low, with over two thirds of Brits not taking a supplement containing omega 3.

Wellness expert, Donna Bartoli, commented: "When I speak with my community about healthy ageing, one of the first things we look at is omega 3 intake. Many people don't realise how little they're getting from weekly meals, especially if oily fish (such as salmon, mackerel or sardines) isn't a regular part of their diet. Adding an omega 3 supplement can be a simple and effective way to top-up your intake and support healthy ageing."

Seven Seas has launched a questionnaire to help people better understand their omega 3 index and how they could top up.

### Plant-based planning made easy

If you want to make the switch to veganism, or simply looking to add more plant-based meals to your weekly diet, then Viva! has just the thing to help.

The leading vegan charity has launched a new seven-day recipe plan, V7 Budget Bangers. With breakfasts costing less than £1 per serving and lunch and dinner under £1.65, cost-conscious cooks can try their hand at morning classics such as French Toast, a five-minute Greek yoghurt pot and a take on the classic English fry-up – the big budget vegan breakfast. Quick lunch options include coronation chickpea sandwiches, a budget bliss poke bowl and 20-minute lentil, lemon and tomato soup. And for dinner, choose from creamy lentil and kidney bean dhal makhani, General Tso's tofu, one pot spicy sausage and tomato rice and much more.

Maryanne Hall, Viva!'s Food & Cookery Manager and the chef behind each recipe, explained: "Creating V7 Budget Bangers has been so much fun and I'm excited to finally share it with households across the nation. As a long-term vegan, I know that plant-based food is both affordable and full of flavour – but the stubborn myth that it's tasteless and expensive somehow remains! We've set out to change that once and for all with our carefully curated selection of 21 recipes, all of which will leave both diners and wallets full."

Each recipe is designed to be nutritious, satisfying and affordable, helping cooks to eat well without overspending on groceries. Supported by tips on sourcing ingredients, clever serving ideas and helpful factsheets throughout, you can find it at [v7.viva.org.uk/v7-budget-bangers-meal-plan/](http://v7.viva.org.uk/v7-budget-bangers-meal-plan/)



WE LOVE

PUKKA TURMERIC, GINGER & ORANGE TEA – an uplifting blend made with turmeric, ginger and galangal, this tea is designed to keep you vibrant through the day. It is 100 per cent organic, and FairWild and Fair for Life certified. It is also made with ethically and sustainably sourced ingredients.

ACTIVATED PROBIOTICS BIOME CHOLECARE – this probiotic supplement contains three clinically researched strains of *Lactobacillus plantarum*, KABP 011, KABP 012, and KABP 013. This specific strain combination has been the subject of multiple human clinical studies, including a randomised, double-blind, placebo-controlled trial, a large prospective cohort study involving over 340 participants, and a mechanistic human study.

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## NATURAL SCALP SOOTHERS

With more than a half of Brits experiencing a scalp concern, a natural beauty expert has offered important advice on how to avoid the triggers.

From dryness and flaking to excess oil and psoriasis, scalp discomfort is becoming increasingly common, with 58 per cent of people experiencing an issue at some point. And these are often linked to synthetic fragrances and harsh foaming agents such as SLS.

Green People takes a gentler approach. Every shampoo and conditioner is 100 per cent SLS-free, using naturally derived foaming agents from coconut and yucca to cleanse effectively without irritation. Formulas are also free from parabens and silicones, instead enriched with organic aloe vera, rosemary and avocado to nourish and protect the scalp.

To support a healthy scalp, Charlotte Vøhtz, the founder of the organic skincare brand, Green People, has offered her expert tips, which includes:

- Avoid harsh, SLS-based shampoos.
- Massage – don't scratch – to loosen flakes without damaging skin.
- Apply jojoba oil before washing to rebalance excess sebum.
- Use tea tree or manuka to help reduce dandruff-causing bacteria.
- Limit styling products to prevent build-up.
- Support scalp health with a balanced diet rich in omega 3 and 6 and plenty of water.



## RECOMMENDS

Our focus for the top picks in this issue is on natural cleansing options to keep your skin healthy.

### ♥ Benecos Gentle Cleansing Foam

– this natural product offers a deep yet delicate cleanse. Specifically formulated for normal skin types, it leaves the face feeling soft and purified. Featuring the antibacterial properties of organic lavender, it refreshes the skin while organic aloe vera ensures moisture is locked in. The result? A thorough removal of make-up and impurities. It is COSMOS ORGANIC certified, vegan and cruelty-free.

### ♥ My Skin Feels Fruity Foaming

**Face Wash** – this antioxidant-rich cleanser gently washes away dirt, pollution and make-up while brightening and refreshing. The brand's approach centres on 'rescued food' ingredients, nutrient-rich by-products from the organic food industry that would be discarded. They include mandarin fruit water from the Mediterranean juice industry, tomato skins from ketchup production, olive pomace from olive oil pressing, and oat stalks from oat processing. Through gentle fermentation and processing, they release antioxidants, amino acids and skin-soothing compounds that hydrate, protect and balance the skin.

## A Skin Food celebration



As the iconic Skin Food reaches its 100th birthday this year, its makers have unveiled a new celebratory product.

Few beauty products stand the test of time to become true cult classics, and even fewer remain with their original formulation unchanged. Introduced in 1926, Skin Food's reputation has grown steadily over the decades, and this iconic hero is loved by high profile celebrities and make-up artists alike. Today, a tube of Skin Food Original sells every six seconds worldwide.

To mark the 100-year anniversary, its owner, Weleda, has announced a new larger 100ml tube of Skin Food, retailing at a celebratory £19.26. It will be accompanied by a centenary campaign involving legendary fashion designer, Stella McCartney, as well as international make-up artist and star of the BBC's *Glow Up*, Val Garland.

Beloved for its multi-tasking versatility, Skin Food is an instant fix for dry patches, a natural highlighter for cheek bones, a tamer of flyaways, and the perfect base for a dewy make-up look.

Skin Food is powered by four signature botanicals: calendula, chamomile, rosemary and viola tricolor, in a luxurious base of nourishing plant oils and protective natural waxes and infused with Skin Food's natural fragrance.



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# ENZYME *action*

Learn more about the power of digestive enzymes, and how they can support your gut, and in turn, your overall health and wellbeing.

So much is involved in our gut health, and when it falls out of balance – so common through our modern way of living and eating – the effects on our health can be huge.

To put this into context, some 70 per cent of our immune system is actually found in the gut, explaining why our immunity can take a big hit if our digestion isn't up to scratch. There are also known connections with our cognitive function, and with our skin health, among others – demonstrating that the gut really is at the centre of our health.

So, when things aren't working very well, which can be for a host of reasons ranging from medication and stress to poor diet, you may need to place some extra focus on the gut, ensuring your digestive health is working optimally. And one way to support better gut health is through the use of digestive enzymes.

Here, we explain what they are, and the important and varied role they can play.

## An enzyme explanation

Enzymes are important for the gut as they play a critical role in breaking down food into smaller molecules so that they can be used in the body. This process is critical for us to be able to absorb nutrients from the food we eat, so that we benefit

from the healthy parts, and also to eliminate the waste. A good example of the gut's inability to process food is with lactose. If a person is lactose intolerant, they lack the enzyme, lactase, which is needed to break the lactose down. This then triggers a range of symptoms.

Looking at this in greater detail, there are a range of enzymes that we need for nutrient absorption. These include proteases, amylases and lipases and these work to help release the nutrients from food. Then there are enzymes which help to break food down to avoid issues such as indigestion, bloating and other digestive issues.

There are some key reasons why you could be lacking in digestive enzymes, including eating on the go and not chewing properly, as well as drinking too much fluid with food. Excess fat, sugar and processed foods can also deplete enzymes, as can high levels of stress. And there are some people who may struggle to maintain healthy levels of digestive enzymes, including people as they get older, and also those with gut issues, such as food intolerance.

If you are lacking in enzymes, you may experience certain symptoms, such as bloating, flatulence, indigestion, feeling full after a few mouthfuls of food and other issues including candida overgrowth. Over time, it can also lead to nutrient deficiencies.

## HOW DO YOU GET THEM?

Digestive enzymes can be found in some foods and also, increasingly, in supplement form.

Let's start with the foods that contain enzymes naturally. Good choices include raw foods such as papaya, kiwi, and pineapple, which contain bromelain, which helps to break down protein.

If you choose a supplement, your health food store will likely stock a range to choose from. Some contain a variety of enzymes that will give you good all-round coverage and these are a good idea to ensure you have a broad intake. These will often contain enzymes such as amylase, proteases, lactase, diastase, cellulase and lipase.

You might also want to consider a probiotic alongside your enzyme supplement to ensure your gut microbiome is balanced. Similarly, digestive bitters such as fennel, ginger and gentian, can also help.



NATURAL LIFESTYLE

# TOP PICKS

## CLEAN KIDS VITAMINS TO FEEL GOOD ABOUT

Viridian have been leading clean and effective nutrition for kids for 20 years. To celebrate the milestone, the ethical supplement company has given its Viridikid range an exciting new look which is informative and playful. Every children's supplement from Viridikid Multivitamin to Baby Drops has been given a refresh. The bright packaging reflects Viridian's desire to help families hop into good habits while staying true to its core values and prioritising effective formulations free from artificial additives and flavourings. In line with the Viridian focus on sustainability, the packaging is recyclable and the materials are ethically sourced. Clean kids vitamins to feel good about.



[www.viridian-nutrition.com](http://www.viridian-nutrition.com)

## 20 ORGANIC & ETHICAL CITRUS YERBA GREEN TEA BAGS

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## ORGANIC TRIPHALA - THE AYURVEDIC WAY TO GUT WELLNESS



Rooted in ancient Ayurvedic wisdom, Fushi's Organic Triphala offers a mindful approach to digestive wellbeing. This sacred trio of organically grown fruits, amla, haritaki and bibhitaki, works gently to support regularity and the body's natural detox pathways. Ethically sourced and Fresh-Ground® in small batches in our London workshop, each capsule preserves maximum potency without additives or preservatives. For those seeking a simple, plant-based way to rebalance from within, Triphala may support a gentle reset for the gut. Available at your nearest health store or online on [fushiwellbeing.com](http://fushiwellbeing.com)

## NATURAL MOOD SUPPORT

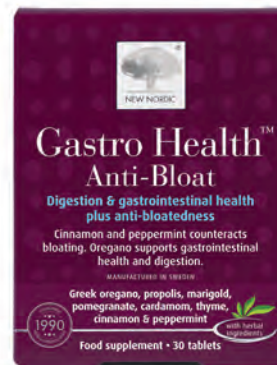
Saffron is gaining attention as a natural botanical associated with mood and emotional wellbeing, particularly during times of stress or hormonal change, such as perimenopause. Saffron Balance from Good Health Naturally provides 30mg of Spanish Affron® saffron extract per capsule, the amount used in human studies. Affron® has been the subject of several human studies investigating its effects on mood and emotional wellbeing. Our formula is sustainably sourced, vegan and clean-label, with 60 capsules per bottle (60 servings). Designed with quality in mind, it can be included as part of a daily wellbeing routine.



[www.goodhealthnaturally.com](http://www.goodhealthnaturally.com)

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Beat the bloat with New Nordic Gastro Health™ Anti-Bloat, a carefully formulated blend of natural plant and herbal extracts designed to support smoother, more comfortable digestion. This targeted formula helps reduce bloating, ease digestive discomfort, and minimise feelings of heaviness after meals. By promoting a more balanced gut environment, it supports your body's natural digestive processes without being harsh. Gentle yet effective, it works in harmony with your system to keep you feeling lighter, more comfortable, and in control throughout the day—so you can enjoy food without the worry of unwanted bloating.



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NATURAL LIFESTYLE

# TOP PICKS

## PREMETESSE

Lamberts Premtesse is one of the most comprehensive multivitamin and mineral products formulated for menstruating women. It provides 250mg of magnesium which 70% of women do not consume in sufficient amounts. This mineral contributes to normal muscle function and a reduction in fatigue. It also provides iron which can be low in vegan diets. Premtesse has been reformulated to include 200ug of folic acid in the methylated form and vegan vitamin D3, the superior form of this vitamin. It also contains methylated B6, which is often recommended for pre-menstrual issues, and is 'body-ready'.  
[www.lambertshealthcare.co.uk](http://www.lambertshealthcare.co.uk)



## REPLENISH YOUR IRON. RESTORE YOUR ENERGY.

Low iron levels can leave you feeling tired, sluggish, and lacking focus. Iron Bisglycinate is a gentle, highly absorbable form of iron designed to support your daily wellbeing. Iron contributes to normal formation of red blood cells and haemoglobin, supporting efficient oxygen transport throughout the body. It also helps reduce tiredness and fatigue, while contributing to normal cognitive function and immune system support. Formulated for optimal absorption and stomach comfort, Iron Bisglycinate is ideal for those with increased iron needs, including women, busy professionals, and active individuals.



Iron Bisglycinate retails at £8.99 for 30 tablets & £18.99 for 90 tablets. Contact HealthAid Ltd on **020 8426 3400** for purchase and stockist information or visit [www.healthaid.co.uk](http://www.healthaid.co.uk)

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Discover the vibrant intersection of nature and style with the benecos nail polish range. Crafted with a 90% natural, "20-free" formula, these polishes swap harsh toxins for plant-based innovations derived from wood pulp, beetroot, and potato.



It's beauty without compromise: the vegan formula is water and air-permeable, allowing your nails to breathe while biotin and avocado oil provide essential nourishment. Designed for effortless application, the wide brush ensures a glossy, quick-drying finish in every stroke. With benecos, you aren't just choosing a colour; you're investing in a high-performance, ethical manicure that keeps your nails healthy and the planet happy.

[www.benecos.uk](http://www.benecos.uk)

## WELLNESS IN YOUR POCKET

Modern life is demanding, but your wellness routine shouldn't be. SOiL Organic Aromatherapy is pleased to introduce four new Remedy Rollers designed to provide targeted relief while on the go. Combat fatigue with a swipe of Energy, melt away tension with De-Stress, enjoy the outdoors protected by Bug Away, and reclaim your rest with our soothing Sleep Roller. Each roller features 100% certified organic essential oils, pre-diluted with organic jojoba oil for safe, effortless application. Wherever life takes you, carry the therapeutic power of nature in your pocket.  
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## HIGH STRENGTH IRON DROPS

The new BlueIron High Strength Drops deliver a concentrated 20mg dose of iron in an easy-to-use daily pipette for measured administration. Using BlueIron's patented micro-encapsulated iron, the formula is highly bioavailable and gentle on the stomach, setting a new standard for convenient, targeted supplementation. With added vitamin C to support absorption and naturally flavoured with Nordic blueberry juice for a great taste. This clean, focused formula is suitable for those with active lifestyles, women with periods, pregnancy, and consumers interested in maintaining iron levels.  
[www.blueiron.co.uk](http://www.blueiron.co.uk)



# Understand your

# IRON

# NEEDS

Iron deficiency can be common, and the health effects are vast. Here's how you can ensure you're not lacking.

**N**ature holds such power that it provides us with key nutrients. Take minerals as an example, which are needed for a range of functions.

Many minerals come from the earth's soil, meaning by eating foods grown in nature, we can obtain them. However, the issue today is modern agricultural practices and farming methods have seen mineral-rich soils become depleted, meaning not everyone can get enough minerals through food. And so, it's really important that you consider your mineral needs and intake.

This is especially the case with iron, a mineral needed to make haemoglobin (found in red blood cells), and that plays a role in many functions, including energy production, muscle function, easing fatigue, and immune health, as well as the health of skin and hair. It also plays a role in hormones, such as oestrogen and progesterone.

## Could you be deficient?

Low levels of iron are common, and is considered one of the most common nutrient deficiencies in the world.

In terms of those at greater risk, women can be particularly vulnerable as iron is lost in blood during a monthly period, while deficiency can also be common during pregnancy as the amount of blood increases by 50 per cent,

which puts pressure on iron stores. Vegans and vegetarians may be at risk without a focus on plant-based dietary sources, which can be lower in terms of absorption compared to animal sources. Those with digestive issues such as coeliac disease and Crohn's can also be at greater risk of poor iron absorption.

Be aware too that simple daily routines can play a role. For example, did you know that tea and coffee can actually inhibit absorption of iron due to the presence of tannins?

Because of this, it's important to take iron supplements away from caffeine.

There are some obvious signs if you have low iron; tiredness is one of the most common symptoms, along with brain fog, shortness of breath, hair loss, headaches, dizziness, and restless legs. You may also notice cracked nails.

## Dietary sources

Iron can be found in two forms – haem and non-haem.

Haem can be found in animal products such as meat, poultry, and fish, with red meat known to be the richest source. Non-haem comes from plant-based foods such as legumes and pulses, beans, nuts and seeds, oats, whole grains, green leafy vegetables, and broccoli, as well as certain foods like breakfast cereals and flours, which can be commonly fortified with iron; do check the ingredients list to ensure the food is not overly processed with lots of additives.



## SUPPLEMENT SUPPORT

Many people choose to add in an iron supplement to ensure they avoid deficiency, and this is particularly beneficial for those in the at-risk groups.

But there are some considerations to make when choosing an iron supplement and do remember the best place to source a quality product is via your local health food store.

Let's start with the form to choose; iron comes in different forms. The most common and best absorbed are citrate and bisglycinate, although you may also find it in gluconate, sulphate and fumarate form.

And also think about what you take with your iron; supplements that contain added vitamin C or taken alongside vitamin C-rich foods are important as this nutrient helps with the absorption of iron, as does the amino acid, L-lysine. Also worth noting that calcium may interfere with iron absorption so ideally take them separately if you are taking a supplement.

# SPRING SOOTHERS

The arrival of spring marks the onset of hay fever season – but with a focus on nutrition and a healthy lifestyle, there is much you can do to ease your symptoms.

As the seasons shift, we start to see flowers bloom, the trees become fuller, and the sun begins to shine. For many, this is a welcome change from the cold UK winter, but it is this spring abundance that also brings with it pollen, and the start of hay fever season.

Evelyn Liddell, Pharmacist and Esthetician at Weleda, explained: "Low temperatures and high moisture levels at the start of the year subdue the usual levels of pollen release. But now, after a few warm and sunny days, this accumulation of pollen is prime for release, resulting in a surge of hay fever symptoms. Climate change may be the main contender for this change in the usual weather patterns."

Keri Briggs, Senior Brand Specialist at Lamberts, went on: "Hay fever is a common term for allergic rhinitis, which occurs seasonally or perennially. The cause was first identified in 1873 and was thought to be due to changes in agriculture and increases in industrialisation and urban living. Figures from Allergy UK suggest almost half the population experience some symptoms of hay fever. Typical symptoms are a runny nose, sneezing, itching and congestion, but may also include watery, dry, or itchy eyes and coughing.

"The cause seems fairly straightforward – it is an allergy to some form of pollen or spores. Symptoms can occur at different times of year and will be dependent on the pollen which triggers a reaction. For example, tree pollen allergies can start as early as January, grass pollens peaking in summer, and weed pollens lasting from spring to autumn."

## Are you at risk?

There are different reasons why people suffer with hay fever.

Keri advised: "The root cause of hay fever is due to the immune response. Pollen is incorrectly identified as an invader and antibodies called immunoglobulin E (IgE) are released. IgE activates mast cells in the respiratory tract and the pollen will then trigger the release of histamine, causing allergy like symptoms. If a family member has hay fever, an individual is more likely to experience

symptoms. Those with asthma or eczema are also more likely to be affected.

"A new syndrome, called Autumn Sneezing Syndrome, has been identified and appears related to changing pollen patterns, as well as an increase in ragwort. Ragwort pollen is prolific later in the year, which leads to symptoms which continue well beyond the normal season of March to August.

Increases in pollution and carbon dioxide causes more pollen to circulate, particularly in urban areas and is made worse by the planting of male trees and plants, which are more prolific pollen producers."

Slawek Gromadzki, from nutritional support/research and development at HealthAid, went on:

"Over recent decades, more people have reported developing hay fever, and many experience symptoms for longer each year. One of the main reasons is environmental change. Warmer temperatures mean that plants release pollen earlier in the year and continue for longer, while higher carbon dioxide levels can make plants produce more pollen that are also more allergenic. This results in longer pollen seasons and higher

overall exposure, increasing the likelihood of sensitisation and worsening symptoms in those already affected.

"Urbanisation has increased exposure to air pollution, and pollutants can irritate the airways and make pollen more inflammatory when inhaled. At the same time, modern lifestyles often involve less contact with a diverse range of microbes in early life, which is thought to influence how the immune system develops and may increase the risk of allergic conditions. Spending more time indoors, higher stress levels, and disrupted sleep patterns can also affect immune balance, making allergic responses more pronounced."

Evelyn added: "Anyone prone to atopic skin reactions are often no stranger to hay fever as their systems are generally more sensitive to the environment. Where you are in the UK is another contributing factor; those who live in the south and east of England typically experience higher grass counts, and more hay fever symptoms, than those in Wales (where there is higher rainfall) or Scotland. Coastal onshore winds, with clean maritime air, can offer welcome respite from hay fever symptoms."

## Consider your diet

Inflammation is a big issue with hay fever, so focusing on an anti-inflammatory diet can help.

## POLLEN PREPARATION

There are certain steps you can take to better manage your hay fever, and although doing this in advance is advised, there are also measures you can take during the season to ease your symptoms.

Slawek explained: "Immune preparation can have a meaningful impact on symptom management, especially when started before the pollen season begins. While it does not cure hay fever, supporting the immune system to respond in a more regulated way can reduce the intensity of symptoms. This includes ensuring the body is not already in a pro-inflammatory state and that key nutrients involved in immune regulation are sufficient."

So, what does this look like in terms of taking steps to get your health functioning as best it can.

"The most sensible approach is to focus on

overall health foundations rather than relying on a single supplement. Consistent sleep, stress management, regular physical activity and a nutrient dense diet all help keep immune responses balanced. Supporting gut health is also important, as the gut plays a central role in immune regulation, so diets that include fibre rich plant foods and fermented foods can be helpful," Slawek explained.

"Smoking, including exposure to second hand smoke, can worsen nasal and airway inflammation."

And Evelyn recommended: "Knowing which pollen you are sensitive to influences when you may need to start preparing. Ideally, taking isopathic options like homeopathic tablets up to four weeks prior to when symptoms are expected, and three times daily when they are present."





## HOLISTIC SUPPORT



During hay fever season, there are steps to take to ease symptoms, from lifestyle changes to measures taken in the home, along with nutrient support.

Slawek recommended: "When looking specifically at symptom management, certain nutrients stand out as particularly relevant. Vitamin C supports normal immune function and has mild anti-histamine properties. Omega 3 fatty acids help counter inflammatory pathways involved in allergic reactions. Adequate vitamin D and magnesium also support immune regulation and respiratory health."

Keri added: "Some of the main nutrients to be aware of when experiencing hay fever are those which support normal immune function, which include vitamins C and D and the minerals, iron, selenium, and zinc."

"Quercetin has been studied widely for its effects on inflammation and allergy. Studies have investigated the use of higher, supplemental doses for the symptoms of hay fever, with positive results on symptoms such as itching, sneezing and sleep, as well as improvements in quality-of-life scores. Its effects stem mainly from the ability to stabilise mast cells and prevent them from releasing histamine when IgE is present."

Don't forget the gut too, so important for healthy immune function.

"Using pro- and pre-biotic supplements is advisable to maintain a healthy and diverse microbiome. A disrupted microbiome can make the immune cells overreactive and reduce the excretion of allergens, making it more likely that hay fever symptoms will occur. Studies have shown that several strains of probiotic bacteria can be useful for reducing both symptoms and the need for the use of medication," Keri explained.

And Evelyn suggested: "Air purifiers, to reduce pollen indoors, or closing doors and windows to prevent pollen entering the home, all help to reduce the pollen count indoors. If night-time symptoms present, then allergen-proof pillows and mattresses may offer some relief. For some, the change in seasons and temperature from coolness to warmth can indeed be a mixed blessing."

"Remedies containing *Allium cepa*, *Euphrasia* and *Gelsemium* in 6X potencies are a non-drowsy option that addresses symptoms such as sneezing, red, itchy, watering eyes and a blocked nose."

Keri explained: "Some people find foods high in histamine can make hay fever worse and avoiding these, particularly on high pollen count days, may be useful. Foods high in histamine include shellfish, processed meats, aged cheese, and alcohol."

"Equally, there are foods which may be useful for reducing symptoms. Foods rich in vitamin C, such as citrus fruits and tomatoes, are suggested. Onions, apples, and capers contain a flavonoid called quercetin, which has been shown to inhibit the release of histamine by mast cells. Therefore, it is important to include plenty of fresh fruits and vegetables. This will also improve diversity of the gut microbiome, as those with hay fever have shown less variety and an altered microbiome compared to those without. Spices such as turmeric and ginger can help reduce inflammation and irritation associated with seasonal rhinitis."

"Several studies have suggested that the Mediterranean diet can lead to a reduced risk of developing hay fever and other allergic conditions. The closer the adherence to this diet, the less likely to develop hay fever symptoms, and this is attributed to the high intake of local fruit and vegetables, as well as a high nut intake. This diet is

also rich in olive oil and oily fish, such as herring, mackerel, salmon, and sardines which provide high levels of omega 3 fats, that encourages production of compounds which reduce inflammation."

Slawek also suggested: "Diet does influence how badly people suffer during hay fever season, mainly by affecting inflammation and histamine response. Diets high in ultra processed foods, refined sugars, caffeine, and alcohol can increase background inflammation and may worsen congestion and nasal symptoms. Alcohol, in particular, is commonly reported to aggravate hay fever symptoms. On the supportive side, diets rich in fruit, raw vegetables, nuts, seeds and whole foods provide antioxidants and anti-inflammatory compounds that may moderate allergic responses."

There is another aspect around food and allergies to consider, as Keri explained: "There is a significant proportion of hay fever sufferers who have a related food allergy, often referred to as pollen related food allergy (PRFA). Common cross reactions include foods such as fruits, vegetables, peanuts, tree nuts and soya, and symptoms include tingling, swelling, or itching of the mouth, tongue, throat, and lips."



NATURAL LIFESTYLE

# TOP PICKS

## TACKLE SYMPTOMS OF HAYFEVER

Stay one step ahead of hayfever with Pollinosan Hayfever tablets - a homeopathic medicinal product used to relieve the symptoms of hayfever and allergic rhinitis. This non-drowsy remedy does not affect the ability to drive or use machinery and has no restriction on use with asthma. Suitable for children 12+ and can be used alongside other hayfever remedies. RRP £13.99 available from independent health stores nationwide and online at [www.avogel.co.uk](http://www.avogel.co.uk)



## WELEDA HAYFEVER HEROES

Weleda has a range of licensed remedies to help seasonal allergies naturally. For adults and children over 12, the pocket-sized homeopathic Hayfever Relief Oromucosal Spray contains potencies of Euphrasia, Allium cepa and Gelsemium, indicated for the symptomatic relief of hayfever and allergic rhinitis. Soothing Rhinodoron Nasal Spray is formulated with aloe vera gel in an isotonic salt solution, to moisturise, clean and care for nasal passages, and is suitable for babies and during pregnancy. While Weleda's homeopathic tablets Mixed Pollen 30 contain a mixture of plant pollens commonly known to trigger seasonal symptoms.

[sales@weleda.co.uk](mailto:sales@weleda.co.uk)  
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## THE NATURAL REMEDY TO SEASONAL ALLERGIES

Don't let seasonal sniffles trap you indoors. Many struggle to distinguish between a lingering cold and hay fever, as the runny nose and itchy eyes feel identical. The difference? Your body's reaction to pollen.

Instead of reaching for drowsy pills, try **HayMax**. This **100% natural, drug-free** allergen barrier balm is a total game-changer. Applied to the base of the nostrils and around the eyes, it traps pollen before it enters the body. Effective, natural, and side-effect free—it's the pure way to reclaim your spring. [www.haymax.biz](http://www.haymax.biz)



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[www.olbas.co.uk](http://www.olbas.co.uk)



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[www.naturesplus.co.uk](http://www.naturesplus.co.uk) - £17.95



*Spring*

# CLEAN YOUR HEALTH

With spring upon us, now is the perfect time to reset your health with these holistic essentials.



## Choose Candipure

Candipure is a food supplement combining botanicals, live cultures and key nutrients to create an inhospitable environment for problem yeast growth, which can cause bloating, tiredness and fatigue and create more opportunity for a vaginal infection. Visit [healthy2u.co.uk](http://healthy2u.co.uk) for a chance to receive one of 500 free vaginal infection test kits; simply add coupon code NL1 for your free home test kit.



## Beat bacteria

Cysticlean is a clinically studied, high PAC content food supplement containing a concentrated extract from North American cranberries. Clinical studies have confirmed its ability to dramatically reduce the adhesion of bacteria which can cause urinary tract infections. The one a day formula makes treatment simple and effective.



## Breathe easy

Whether you're getting over a cold, suffering from hay fever or simply want to breathe better to reduce snoring or sinus pressure, the Otosan Nasal Rinse with hyaluronic acid and sea salt is the natural answer. Unlike other brands that only contain sea salt, Otosan combines hyaluronic acid to help soothe and heal the delicate nasal membranes.



## Natural freshness

Niyok natural deodorant and antiperspirant creams are a 100 per cent natural way to stay fresh without the use of toxic chemicals or propellants. Using only natural fragrances and perspiration neutralising minerals, these German-made beauty products provide exceptional results and are packaged in glass jars with aluminium lids.





# Move freely *every day*

Wellness built for women who run, explore, and keep life in motion.

**F**rom the moment your feet hit the floor in the morning, your body is in motion. Movement shows up in long workdays, weekend hikes, morning workouts, and everything in between.

## Nutrition as your foundation

A balanced diet is the cornerstone of health. Regular meals built around whole foods including vegetables, fruits, lean protein, wholegrains, and healthy fats provide many of the nutrients your body relies on to function every day.

For active women, nutritional needs can be higher due to exercise, busy schedules, and occasional stress. A well-planned, nutritious diet should meet most of an athlete's vitamin and mineral requirements and provide enough protein to promote muscle growth and repair. However, supplementation can play a supportive role. The right supplements help provide your body with the key nutrients it needs every single day, so you can keep feeling your best – even when life keeps you on your toes.

## Habits help you stay active

Pairing your supplement routine with consistent wellness habits can make a meaningful difference:

- **Hydration:** Keep fluids topped up throughout the day, especially when exercising or outdoors.
- **Balanced meals:** Aim for regular meals that combine carbohydrates, protein, and healthy fats.
- **Sleep:** Quality sleep supports healthy muscles, mental clarity, and overall wellbeing.
- **Movement variety:** Mix running, strength, stretching, and outdoor movement to support your whole body.

## Magnesium for momentum

Magnesium is involved in over 300 processes in the body, making it an essential nutrient for women on the go. It contributes to maintenance of normal bones, teeth, and muscle function, a reduction of tiredness and fatigue, normal electrolyte balance, and energy-yielding metabolism.

A favourite for everyday use is Solaray Magnesium Glycinate, known for being gentle on the stomach. Whether you're gearing up for a busy morning or enjoying post-run relaxation, magnesium can be an integral part of an active woman's toolkit.

## Calcium and vitamin D for bones and muscles

Bones and muscles are always at work, supporting posture, absorbing impact, and keeping you steady as you move. Giving them consistent support matters, whether you're on the trail, in the gym, or just carrying heavy groceries.

Calcium can contribute to normal muscle function and energy-yielding metabolism, and maintenance of normal bones and teeth. Vitamin D contributes to the maintenance of normal bones and muscle function, plus the normal function of the immune system.

Solaray Calcium + Vitamin D brings these two essential nutrients together in one convenient supplement, supporting confident movement today and helping protect mobility for the years ahead.

## D-Mannose and cranberry for women's wellness

For centuries, women have included cranberries as part of a balanced diet. Cranberries have long been known for their nutritional value, but they have a sharp, sour taste that some find difficult to tolerate.

Today, daily wellness matters more than ever, and these powerful berries are available in convenient capsules. Solaray combines a unique CranActin Cranberry AF Extract with vitamin C, plus a potent dose of D-Mannose in a synergistic formulation.

When life is busy and you're always on the go, high quality supplements can support a balanced diet and healthy lifestyle, so you can enjoy the moments that matter most.





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the trail, the routine,  
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# Ask the experts



## Testing times...

by Siobhán Carroll

### What impact can the stress of exams have on a young person's health?

Exam season is tough, and long study hours, pressure to perform and disrupted sleep can really take a toll. Stress triggers hormones like cortisol and adrenaline, and this can sharpen focus in the short-term, but when it sticks around, it can lead to headaches, digestive issues, irritability, poor sleep and trouble concentrating. Anxiety and poor-quality sleep can also make it harder to remember what you've studied, creating a frustrating cycle where stress gets in the way of performance.

### What are the most important foundations in terms of diet and lifestyle to help manage exam stress?

Getting the basics right in terms of overall health might be even more powerful than extra hours of cramming!

Hydration is key; even mild dehydration can affect focus and memory. Regular sips throughout the day help, and water bottles with incremental reminders can keep students on track.

Keeping blood sugar steady is another must. Instead of sugary snacks or energy drinks, aim for

meals and snacks containing protein and healthy fats, like eggs, nuts, seeds, and avocado. Switching from a sugary or carb-rich breakfast to a savoury, protein-rich brekkie can be a gamechanger.

Sleep ought to be non-negotiable. Late-night study sessions might feel productive, but good-quality sleep supports memory, learning and mood.

### Are there any supplements that can help support students during exam time?

Some of my favourite tried and tested exam support supplements and herbal remedies as a naturopath and herbalist are:

- Passiflora is great for calming exam nerves.
- Lemon balm (*Melissa officinalis*) has been shown to support memory and focus.
- Magnesium helps the nervous system relax and supports better sleep.
- Stress increases the body's need for vitamin C, so increasing your dietary intake from citrus fruit, berries, kiwis, red peppers and greens, as well as a supplement if needed, can help keep resilience up. You definitely don't need to be coming down with a cold when you're in the middle of exams!

## Q How can I reset my health holistically to feel my best ahead of the summer?

Anish Patel recommended: As we move into summer, I always encourage people to think less about resetting in a drastic sense, and more about gently realigning with what the body naturally needs. A true holistic reset is not about doing more, but about returning to simple habits that support you consistently.

After the heaviness of winter, the body benefits from simplicity. This can start with small, intentional changes such as waking a little earlier to get natural light, incorporating lighter whole foods, and staying hydrated. These are the foundations many of us overlook, yet make the biggest difference. From a holistic perspective, it is also about creating space for physical and mental clarity. Taking time to slow down, whether that is through a morning walk or simply stepping away from constant stimulation, allows the body to reset in a more sustainable way.

Incorporating herbal teas into your routine can also play a gentle but powerful role. As founders of NutraTea, my brother and I have always believed in the power of time-tested botanicals. What many people do not realise is that some of the most effective botanical ingredients have been used for centuries across different cultures to support the body naturally. Turmeric, for example, has long been valued in traditional practices for its natural anti-inflammatory and antioxidant properties, as well as its role in supporting digestion and balance, helpful during the summer months when routines shift and meals become more social and spontaneous.

Green tea and guarana are naturally rich in compounds that help sustain energy and focus without the sharp peaks and crashes associated with caffeine, making them ideal for longer days spent outdoors, whether that is travelling, socialising, or simply keeping up with a busier summer routine.

Equally, slowing down is just as important as staying energised. Chamomile and valerian have been traditionally used to encourage relaxation and support restful sleep, helping the body to properly reset after long days, late evenings, and more active social calendars. When enjoyed as part of a daily ritual, these blends offer more than just functional support. They create a moment of pause and intention within your day.

Ultimately, feeling your best for summer is not about extremes or short-term changes. It is about returning to simple, consistent practices that support your body, your mind, and your routine, creating a sense of balance that naturally carries you through the season.



**SIOBHÁN CARROLL**

is a Naturopath and Herbalist, who has run her own clinic since graduating from the College of Naturopathic Medicine in Dublin in 2016. Since 2019, she has worked as a trainer for the leading herbal brand, A.Vogel.



**DR RASHMI ACHARYA**

is a classically trained Ayurvedic physician (B.A.M.S), writer and Advisor to Ayurveda, dedicated to making the wisdom of traditional medicine relevant, accessible and inspiring for modern life.



**ANISH PATEL**

is a qualified pharmacist and co-founder of NutraTea, a family-run, UK-based B Corp herbal wellness brand grounded in Ayurvedic tradition and modern science.



**LINDSAY POWERS**

is a Naturopathic Nutritional Therapist and Head of Nutrition at the leading supplement brand, Good Health Naturally.

## « ABOUT THE EXPERTS »

# Aloe Juice: Nature's Digestive Ally

Fushi's Organic Aloe Juice offers a gentle, plant-based way to support digestive wellness. Unfiltered and Fresh-Pressed® from the inner leaf of organically grown aloe, it retains the natural polysaccharides that may help calm the gastrointestinal tract and support balanced gut function. In Ayurveda, aloe has long been treasured as a cooling, restorative plant, valued for its ability to soothe and bring the digestive system back into harmony. Its alkalising properties may support pH balance, making it a wonderful addition to your morning ritual, enjoyed before meals or on an empty stomach. A small daily serving may also help support hydration, skin health and overall vitality, making it a quiet yet powerful staple in any natural lifestyle.



Available at your nearest health store or online at [fushiwellbeing.com](http://fushiwellbeing.com)

## NERVOUS SYSTEM REGULATION



### Q What is astaxanthin, and how can it help to keep my skin healthy?

Lindsay Powers explained: Astaxanthin is a naturally occurring carotenoid pigment found in algae, yeast, salmon, trout, krill, shrimp, and other seafood. It is a potent antioxidant that helps protect cells from oxidative damage and inflammation. Astaxanthin is considered one of the most powerful antioxidants in nature, with an antioxidant capacity higher than that of vitamin C, beta-carotene, and even vitamin E.

Astaxanthin has been shown to offer numerous health benefits, including supporting cardiovascular and eye health and reducing inflammation. However, one of its most promising benefits is its ability to promote skin health. Astaxanthin helps to protect the skin from UV radiation and other environmental stressors that can cause damage and premature ageing. Many people take it in the build-up to the warmer months to give that added protection, alongside a natural sunscreen during prolonged sun exposure.

Regular use demonstrates its potential to improve skin elasticity, reduce the appearance of fine lines and wrinkles, and improve skin hydration. Astaxanthin also helps to improve skin texture and tone, giving a more youthful and radiant appearance. In addition to its antioxidant properties, astaxanthin has anti-inflammatory effects, which can help reduce skin inflammation and redness. This also makes it beneficial for people with eczema, acne, or psoriasis.

When supplementing, choose a high-quality, naturally sourced astaxanthin to ensure purity and potency.

In summary, astaxanthin is a powerful antioxidant that can help to promote skin health by protecting against UV radiation and other environmental stressors, improving skin texture and tone, and reducing inflammation. Its benefits make it an excellent addition to your skincare routine.

## Balance the nervous system, holistically...

by Dr Rashmi Acharya

### What signs might we experience if our nervous system is out of balance and what impact can this have on our mind-body connection?

When the nervous system loses its natural rhythm, the signs are hard to ignore. Anxiety, overthinking, persistent fatigue, muscle tension and digestive discomfort are among the most common. Some people feel constantly on edge, while others feel numb or disconnected and many find themselves shifting between the two. Over time, this weakens the mind-body connection. You become less attuned to your own physical signals, concentration suffers and everyday situations can trigger reactions that feel out of proportion. There is often a growing sense of disconnection from your emotions and inner self.

The good news is that the nervous system responds beautifully to the right support. Breathwork, restorative movement and nourishing nutrition are all evidence-informed ways to recalibrate and restore balance.

### Can you recommend a healthy plan to support our nervous system?

Small, sustainable habits are far more powerful than any quick fix. Gentle movement helps when the body feels sluggish, while meditation and breathwork calm an anxious mind by soothing the sympathetic nervous system.

Getting outside supports vitamin D levels, important for nerve health, and time in nature has a measurable calming effect on the whole system. Nourishing the body with whole, nutrient-rich foods and supportive herbs stabilises energy throughout the day. In an age of constant information, reducing screen time and protecting your attention are simple but powerful acts of self-care. Over time, these practices build genuine resilience.

### How can Ayurveda help, and which remedies would you recommend for nervous system support?

Ayurveda has understood the nervous system for thousands of years. In Ayurvedic thinking, imbalance in Vata manifests as cognitive restlessness and systemic instability. Restoring that balance is at the heart of what Ayurveda does.

Adaptogenic herbs like ashwagandha help the body manage everyday stress while rebuilding its natural vitality, known in Ayurveda as Ojas. Brahmi, one of Ayurveda's most treasured herbs, has been used for centuries to calm an overactive mind and support mental clarity. Abhyanga, the practice of warm oil self-massage, offers a deeply grounding daily ritual. A simple cup of tulsi, cinnamon or ginger tea each morning or evening can also be a beautiful way to begin building this into everyday life.



# *Fushi wellbeing:* where ancient wisdom meets modern ritual

Discover the world of wellness that awaits you with the help of Ayurvedic expert, Fushi.

**W**hile the beauty industry races after new trends and synthetic solutions, Fushi looks to ancient Ayurvedic principles that have valued purity and slow healing for over 5,000 years. From its London workshop, everything Fushi does stems from one belief: fresh ingredients are the most powerful.

## Born from heritage

Fushi's story begins not in a lab, but the family kitchen. Founded in 2008 by Rannesh Jansari and Ria Pattni, the brand translates generations of recipes into contemporary wellness, crafting small batches of handmade oils and herbal formulations.

What makes Fushi distinctive is the farm-to-bottle approach. Ingredients are harvested at peak season and processed quickly to preserve nutrients. Unlike mass-produced beauty, where shelf-life trumps quality, Fushi uses gentle grinding and cold-pressing techniques. Ethical partnerships with growers ensure sustainable cultivation practices, aligning wellness with

environmental responsibility.

## Why Ayurveda still matters

At Fushi's heart lies Ayurveda, a holistic healing system that views wellbeing as a balance between body, mind, and spirit. Rather than managing symptoms in isolation, it emphasises daily practices, nourishment, and prevention. Oils, herbs, and botanicals serve as tools for long-term harmony, not quick fixes.

In our always-on, screen-heavy lives, this philosophy feels relevant. Today's popular practices such as facial massage, scalp oiling, herbs for health, and evening self-care echo principles that have long advocated slowing down and reconnecting with the body. Fushi makes this wisdom accessible through oils, easy-to-integrate herbal supplements, and simple wellness practices.

## The power of castor oil

Among Fushi's bestsellers is its Castor Oil, a staple of both traditional medicine and modern beauty. Organic, unrefined, and Fresh-Pressed, it's designed to stay as close to its natural state as possible. Bottled in

UV-protective glass and free from hexane processing, every drop preserves its nutrient profile.

Rich in omega fatty acids and vitamin E, it deeply nourishes skin and hair, supporting:

- Fuller-looking brows and lashes.
- Stronger, healthier hair.
- Hydrated, glowing skin.

Beyond beauty, castor oil plays a role in traditional wellness practices like castor oil packs, a soothing technique believed to support relaxation, circulation, and lymphatic flow.

## The future of wellness is slow

Fushi doesn't promise overnight transformation. Instead, it offers something more enduring: ritual, consistency, and connection to self. Fushi reminds us that wellness isn't a trend, but a practice.

Sometimes, the most powerful solutions are the simplest ones: a pure oil or a mindful moment. In that sense, Fushi isn't just a beauty brand. Grounded in centuries of Ayurvedic wisdom, Fushi invites us to slow down and return to the kind of care that truly lasts.



# HOLISTIC *man*

Although men's health is improving, there are still areas that require attention. With nutrition and lifestyle acting as preventative measures, our experts discuss the options.

**F**or a long time, male health lagged behind that of female counterparts. And while we have seen the gap close in recent years, there is still cause for concern when it comes to the statistics of a man's risk of developing certain health issues.

What's frustrating is men can do so much to reduce risk of illness through prevention strategies; good nutrition, staying active, managing stress and addressing mental health are all important factors for men to consider.

Lola Biggs, Registered Dietitian and Nutritionist at Together Health, explained: "Around two-thirds of men in the UK are classified as overweight or obese, and conditions like type 2 diabetes and

cardiovascular disease continue to rise. What's particularly concerning is the gap between awareness and action. Many men know they should be eating better and moving more, but research shows they're far less likely than women to seek help or take preventative steps. There's also a significant mental health dimension that we're only now beginning to address properly. More conversation is happening than a decade ago, but the statistics tell us we still have a long way to go."

Slawek Gromadzki, from nutritional support/research and development at HealthAid, also pointed out: "The health of the UK male population presents a significant paradox. On one hand, medical technology and early intervention have

pushed life expectancy to roughly 79 years. On the other hand, our healthy life expectancy – the years we actually spend in good health – is declining. The average UK man can expect to face a life-limiting health condition by age 61. Essentially, while we are living longer, we are spending a larger portion of our lives (nearly 20 per cent) in poor health."

Lindsay Powers, Nutritionist at Good Health Naturally, added: "In the UK, statistics show men die nearly four years earlier than women, with one in five men dying before the age of 65 and 19 per cent dying before they retire. Men are twice as likely to die prematurely from cardiovascular disease, lung cancer, liver disease and accidents, plus three in four suicides are men.

"Sedentary lifestyles, office-based work and increased screen time mean many men are moving less than they used to. As a result, 68 per cent of men in the UK are classified as overweight or obese. This is significant because excess weight is linked with a higher risk of conditions such as type 2 diabetes, cardiovascular disease and certain cancers. The good news is many of these risks are influenced by everyday habits. Small, consistent changes to diet, movement and lifestyle can have a meaningful impact over time. Focusing on balanced nutrition, regular physical activity, good sleep, and stress management is part of a more preventative approach to long-term health."

### Man vs woman

Although general health advice is the same for all, there are clear differences in terms of needs.

Alice Bradshaw, Head of Nutrition Education and Information at Terranova, advised: "Biological and hormonal differences underpin many health disparities between men and women. Men are more prone to cardiovascular disease, abdominal obesity, type 2 diabetes, and certain cancers, particularly prostate and colorectal. Men typically store more visceral fat, which raises the risk of insulin resistance and cardiovascular disease. Lifestyle patterns such as high-calorie, low-nutrient diets, smoking, excessive alcohol intake, and sedentary habits compound these risks. Men are also more likely to experience high blood pressure and metabolic syndrome."

Nicola Sainty, Nutritional Therapist and Education Manager at Revive Active, also advised: "The most significant health issues affecting UK men today include:

- **Cardiovascular disease (CVD)** – still the leading cause of death, affecting around 15 per cent of UK men.
- **Type 2 diabetes** – increasingly common, closely linked to obesity and inactivity.
- **Liver disease** – rising, particularly due to alcohol consumption and obesity.
- **Stroke** – strongly associated with high blood pressure and lifestyle factors.
- **Obesity** – a major underlying driver of many chronic conditions.

"In recent years, there has been a noticeable shift. While smoking rates have declined and awareness has improved, sedentary lifestyles, poor diet, chronic stress, and sleep deprivation have become more prominent contributors to ill health. Fatigue and low energy are also increasingly reported, often linked to modern lifestyle pressures."

William Jordan, Nutrition Advisor at Viridian, continued: "Men will experience different health issues depending on their age. However, data from the NHS has found that 69 per cent of adult men are overweight or obese. Increased body fat is linked to increased risk of metabolic disease, one of which is cardiovascular disease. Men are more likely to live with, and die from, cardiovascular disease.

"Over the past 40 years, sperm counts have halved, and sperm quality has significantly reduced. Oxidative stress has recently been found to be one of the leading factors that cause male infertility. Systematic inflammation, modifiable lifestyle factors, and disease can increase oxidative stress in the body. It is estimated that roughly 20 per cent of fertility issues are solely related to the male factor, however, the male factor contributes to approximately 50 per cent of infertility cases"

Lola went on: "We're also seeing a rise in metabolic syndrome, that cluster of conditions including high blood pressure, elevated blood sugar, and excess abdominal fat that often precedes more serious disease. And interestingly, there's now more research into how declining testosterone levels in middle-aged men are linked to fatigue, mood changes, and reduced muscle mass, bringing hormonal health into the conversation in a way it wasn't before."

Lindsay highlighted prostate issues: "As men age, the prostate can naturally begin to enlarge, a condition known as benign prostatic hyperplasia (BPH). It is estimated around half of men over the age of 50 experience some degree of enlargement, which can lead to symptoms such as frequent urination, increased trips to the toilet at night, a weak flow or dribbling.

"In the UK, one in eight men will be diagnosed with prostate cancer. Risk begins to increase from mid-40s and is higher in black men and those with a family history of the condition. Early prostate cancer often develops without noticeable symptoms, which is why regular check-ups and discussions with a GP, including PSA testing where appropriate, can play an important role."

### Holistic advice

So, what do the natural health experts advise in terms of a health plan for men to adopt?

"The fundamentals are beautifully simple," Lola explained. "A diet rich in vegetables, fruits, whole grains, lean protein, and healthy fats provides the nutritional foundation the body needs. Regular physical activity, even brisk walking most days, makes a measurable difference to cardiovascular risk. Reducing alcohol affects everything from liver function to sleep quality to mental health. Prioritising sleep is often overlooked, yet poor sleep is linked to increased inflammation, weight gain, and cognitive decline. And perhaps most importantly, breaking down the barrier to seeking help early. Regular health checks and not dismissing persistent symptoms can genuinely be lifesaving."

Martina Della Vedova, Nutritional Advisor at NaturesPlus, added: "Men typically have higher energy needs than women due to greater muscle mass and metabolism. Age also plays a crucial role in shaping nutritional needs for both sexes, as do long-term medications, which may impact nutrient absorption or metabolism. Ultimately, a well-balanced, fresh diet focused on clean sources of lean protein, fibre-rich vegetables, complex carbohydrates, and proper hydration, while minimising processed foods, serves as a strong foundation for everyone."

Alice went on: "Lean proteins, including fish, poultry, eggs, legumes and red meat, support muscle mass, metabolic function, while high-fibre foods such as vegetables, fruits, pulses, and whole grains contribute to digestive health, metabolic regulation, and cardiovascular protection. Healthy fats from omega 3-rich sources (oily fish and flaxseeds, for example), nuts, seeds, and olive oil are essential for heart, brain, and hormone health.

"Regular physical activity combining resistance and cardiovascular exercise supports muscle and metabolic health, while adequate sleep, stress management through mindfulness or relaxation techniques, and engagement in routine health screenings, including blood pressure, cholesterol, glucose, and prostate checks, are key to

### The mental health effect

Mental health issues are known to be a greater issue for men, but why?

Lindsay explained: "There does seem to be a rise in certain health issues among men, particularly in areas like mental health. Suicide is one of the leading causes of death among men under 50, with rates particularly high for men aged 40-49. Historically, men have been more reluctant to discuss their mental health or serious emotional problems, and symptoms often remain undiagnosed. Men are less likely to seek professional help for anxiety or depression, with only a third of NHS referrals for talking therapy being for men."

Nicola added: "Modern men face increasing mental and emotional pressures, making lifestyle shifts essential:

- **Prioritise sleep** – poor sleep is strongly linked to fatigue and poor health.
- **Manage stress proactively** – through exercise, social connection, and boundaries.
- **Stay physically active** – movement benefits both mental and physical health.
- **Avoid burnout** – balance work, rest, and recovery. Talk more openly about mental health and seek support when needed."

Lola also commented: "Building genuine social connections is equally important, as isolation is a significant risk factor for poor mental health in men. And embracing practices that support stress resilience, whether that's time in nature, breathwork, mindfulness, or simply carving out time for activities you enjoy. Mental health isn't just about the absence of illness; it's about actively building the habits that help you thrive."

maintaining wellbeing."

Looking in greater detail at the specifics for men in relation to diet, Lola explained: "Men generally require higher calorie and protein due to greater muscle mass. The biggest difference, though, isn't really biological, it's behavioural. Men tend to eat fewer fruits and vegetables and rely more on processed foods, which creates nutrient gaps that wouldn't exist with a more balanced diet.

"I'm a big advocate of a Mediterranean-style approach, and the evidence strongly supports this for men in particular. It's rich in vegetables, fruits, whole grains, legumes, nuts, olive oil, and fish, with moderate dairy and limited red meat. Studies consistently show it reduces cardiovascular risk, supports healthy weight management, and may benefit cognitive function with age. It's about abundance, rather than deprivation, which tends to be more sustainable. I'd also encourage men to eat a wider variety of plant foods. Aiming for 30 different plant foods a week, including herbs, spices, nuts, seeds, and wholegrains, is a practical target that supports a diverse microbiome and in turn supports immunity, mental health, and metabolic function."

William also recommended: "One of the most fundamental nutrients that is essential for repairing the body and involved in so many reactions is protein. Increased quality protein will help to maintain muscle mass and help with many other



factors linked to our metabolic health. A mostly plant-based diet high in colourful fruits and vegetables, nuts, beans, legumes, and unprocessed grains with a moderate-amounts of fish and dairy with low amounts of red meat. This style of diet is naturally lower in sugar and lower in alcohol, which has been linked to many health benefits."

### Male nutrient needs

Let's look at the nutrients needed by men, and how to obtain them.

"Our body is very good at adapting to our environment and to what we have available to us. We have evolved as a species, meaning we can mask deficiencies for a long time and hide the true impact of a nutrient deficiency," William explained. "Some key nutrients that are essential for reactions in the body are magnesium, vitamin D, calcium, potassium, omega 3, and B vitamins. A deficiency in any of these nutrients can lead to health problems."

Alice went on: "Men are frequently at risk of deficiencies in key nutrients that play critical roles in health. Vitamin D, important for bone strength, immune function, and testosterone regulation, is commonly low, especially in northern climates with limited sun exposure. Omega 3 fatty acids are essential for cardiovascular, cognitive, and inflammatory regulation, yet many men do not achieve optimal intake. Zinc and selenium are crucial for reproductive health, immune support, and testosterone maintenance. Low fibre, prevalent in men's diets, is associated with increased metabolic, digestive, and cardiovascular risks."

Lola added: "Magnesium is one I see a deficiency in frequently. It's involved in over 300 biochemical

reactions and supports muscle function, sleep quality, and energy production. B vitamins, particularly B12 and folate, support energy metabolism and help regulate homocysteine levels for heart health. And selenium plays a key role in thyroid function and male fertility."

And would supplements be recommended to manage potential deficiencies?

"Targeted supplementation can play an important role in filling nutrient gaps and supporting overall male health," Alice advised, adding: "High-quality multivitamins can help bridge broader dietary shortfalls, particularly for men with restrictive diets or high-stress lifestyles. Supplements should complement a balanced,

nutrient-rich diet rather than replace it, and attention should be paid to product quality, appropriate dosage, and freshness to ensure optimal effectiveness."

And Lola advised: "A good quality vitamin D supplement is something I'd recommend for almost everyone in the UK, particularly through autumn and winter. Magnesium is worth considering for poor sleep, muscle

tension, or stress, with natural-source magnesium from mineral-rich sources offering advantages over isolated synthetic forms. For men over 40, lion's mane mushroom has fascinating research behind it for supporting brain health.

And for overall immune and adaptogenic support, a functional mushroom complex can be a brilliant daily addition.

"Omega 3s support normal heart function, while CoQ10 plays a role in cellular energy production and helps protect cells from oxidative stress. CoQ10 can decline with age and with certain medications, including statins. Botanicals,

such as saw palmetto, are commonly included in formulations designed to support prostate health, particularly as men get older."

William added: "An omega oil supplement should be considered, as the UK diet is generally low in omega 3, and supplementing is an easy way to ensure adequate intake. Omega 3 fatty acids support systemic inflammation, which affects many different areas of health, as well as supporting mood and mental wellbeing. Supporting gut health with live bacteria is important. This can support the foundations of health and support many different areas, including gut, immune health, skin, and even joint health.

"Zinc, copper, selenium, and vitamin C contribute to protection of cells from oxidative stress, thought to be one of the main contributors to male infertility. CoQ10 and pine bark extract have also been found to reduce oxidative stress and potentially improve sperm health. Pumpkin seed provides an array of nutrients and eating just a small amount can provide a large quantity of fats, magnesium, and zinc. For men with BPH symptoms, pumpkin seed can be used to treat the symptoms associated with urinary flow."

And Martina recommended: "Chromium helps maintain stable blood glucose levels. Iodine ensures the thyroid and cognitive processes remain sharp. To further build resilience against oxidative stress for those who need it, antioxidants like coenzyme Q10, NAC, resveratrol, and alpha-lipoic acid are invaluable additions."

Meanwhile, Slawek recommended: "Ashwagandha is a powerful adaptogen that helps the body manage cortisol (the stress hormone). It is excellent for modern men facing high-stress environments and looking to improve mental clarity and sleep."

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NATURAL LIFESTYLE

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# MAGNESIUM MATTERS

In the latest in a series of reader trials in partnership with BioCare, we are inviting readers to apply to test the power of the brand's Magnesium Glycinate.



**M**agnesium is a mineral that many of us have become familiar with in recent years, and that's thanks to its far-reaching beneficial properties.

From helping you to feel calm and relaxed to supporting your mood, right through to nervous system support, magnesium is a fantastic addition to your daily supplement routine. In fact, this mineral contributes to the normal functioning of the nervous system and to normal psychological function. It also contributes to a reduction of tiredness and fatigue, to electrolyte balance, to normal muscle function, normal protein synthesis, to the maintenance of normal bones teeth, and it also has a role in the process of cell division.

Because of how beneficial magnesium is, we are putting it to the test through our latest reader trial, in partnership with the leading supplement brand,

BioCare. We are inviting readers to apply to test out BioCare's Magnesium Glycinate over a period of eight weeks. Magnesium Glycinate is a high strength, 100 per cent pure magnesium glycinate supplement, providing 100mg in each capsule. It is free of any unnecessary additives and is suitable for vegetarians and vegans.

Those who are accepted to take part in the trial will be sent an eight-week supply of BioCare Magnesium Glycinate. After the eight weeks, you will then be asked to complete a series of questions to let us know the effectiveness of the product and what difference it made to your health and wellbeing. The results will be published in a future issue of *Natural Lifestyle*.

• To enter, visit [www.mynaturallifestyle.co.uk/magnesiummatters](http://www.mynaturallifestyle.co.uk/magnesiummatters) and complete the form by May 25. Full terms and conditions can be found on the *Natural Lifestyle* website.

## Essential information

BioCare's Magnesium Glycinate is a highly bioavailable and easy to absorb complex of magnesium and glycine to help you feel calm and relaxed and to support your mood. Product highlights include:

- **Effective** – supports the nervous system, regulating mood and sleep and promoting a feeling of calm and relaxation.
- **Optimum support** – glycine is an important amino acid involved in many critical processes in the body, including nervous system function and energy.
- **Advanced** – designed for maximum absorption and use by the body, is gentle on the stomach and well tolerated.
- **Environmental demands** – our stressful lifestyles, toxic environment, soil depletions and modern farming mean we're not getting enough magnesium to sustain our daily needs.
- **Genetic predisposition** – individuals with susceptibility to stress, anxiety, low mood and motivation, or problems with focus and concentration, may have higher requirements for magnesium.
- **Superior** – never compromising on quality and never using magnesium oxide or other inferior ingredients.
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# Natural WEIGHT SUPPORT

If you want to try and lose weight in the healthy way, there are some natural additions to your routine that can ensure you remain nutritionally strong.

**W**eight control should be simple, decreasing energy taken in from food and increasing energy used via exercise. But for many, this is a lot more complex and weight loss can be a struggle with almost all diets failing in the long-term.

## Healthy approaches

Portion control and food recall can often be a reason for slow weight loss, as many people over-consume or under-report their calories. Keeping a food diary and weighing food can help with this.

Making choices which help keep you feeling fuller for longer, such as high protein of fibre-rich foods, can also be useful, and many of these foods, including high-fibre grain products, nuts, avocados, eggs, olive oil and some vegetables, have also been shown to increase GLP-1. This is a hormone produced by the body which controls appetite and blood sugar and adding to this, with medications such as Mounjaro and Ozempic, is becoming more popular.

## Nutrient support

For many people, the cost or side effects of GLP-1 medications mean that other options should be considered. Increasing GLP-1 stimulating foods may be useful. In addition, increasing protein intake can also support weight loss by keeping you feeling fuller for longer and maintaining normal blood sugar, reducing cravings, snacking and overeating.

Herbs including *Lemon verbena* and *Hibiscus sabdariffa* have also shown excellent results, with a combination helping to reduce body weight, BMI, body fat and waist circumference more than diet alone.

●References available on request.



## READER OFFER

Enter now for a chance to win one of 10 pots of Metabolic Weight Support from Lamberts. This unique supplement features Metabolaïd, a natural blend of *Hibiscus sabdariffa* and *Lemon verbena* extracts backed by 20 years of research and trials. Combined with chromium and vitamin C, it helps maintain normal blood glucose levels, curb cravings, and keep you energised. Metabolic Weight Support is designed to complement a healthy diet and regular exercise, supporting you every step of the way in your weight management journey. See opposite page to enter.



NATURAL LIFESTYLE

# Giveaways

*Natural Lifestyle* is about giving back to our readers, and each month this page will showcase a selection of giveaways.

### BlueIron High Strength Drops

The new BlueIron High Strength Drops deliver a concentrated 20mg dose of iron in an easy-to-use daily pipette for measured administration. Using BlueIron's patented micro-encapsulated iron, the formula is highly bioavailable and gentle on the stomach, setting a new standard for convenient, targeted supplementation. With added vitamin C to support absorption and naturally flavoured with Nordic blueberry juice for a great taste. This clean, focused formula is suitable for those with active lifestyles, women with periods, pregnancy, and those interested in maintaining iron levels – and *Natural Lifestyle* has five to give away.



### NEW NORDIC RED CLOVER

*Natural Lifestyle* has teamed up with New Nordic to offer readers the chance of winning one of 10 one-month supplies of its Red Clover supplement, specially formulated to support women's wellbeing during midlife and beyond. Simply enter for your chance to win and discover the benefits for yourself, and treat yourself or someone you love to a daily boost with Red Clover.

### TERRANOVA NEXTGEN CREAORB CREATINE PLUS

Terranova NextGen CreaXorb Creatine Plus is an advanced creatine formula designed to support optimal creatine delivery in every capsule. It combines high quality ingredients like

CreaXorb Creatine, HMBPro, NADPro, and CoQXorb. A specialised delivery system ensures the nutrients in this formula are absorbed efficiently for optimal use within the blend. The formula also includes a unique Magnifood Complex made from carefully selected botanicals for additional complementary support. Most importantly, CreaXorb Creatine is up to 22 times more bioavailable than conventional creatine. *Natural Lifestyle* is offering readers the chance of winning one of 10.



### MemoPAC 480

MemoPAC 480 is a unique food supplement to support cognitive function and mental performance. Based on recent studies at a leading university, the product contains 480mg of proanthocyanidins (PAC), which is higher than any supplement available and matches levels used in the study. *Natural Lifestyle* is offering readers the chance of winning one of three packs.



### Pharma Nord Bio-Magnesium

Magnesium contributes to muscle, nervous and psychological functions, but we might wonder if we get enough. To help, Pharma Nord is giving away four boxes of its popular Bio-Magnesium 150 tablets. Bio-Magnesium tablets use a unique combination of three different magnesium forms, which assures a bioavailable product with 200mg of elemental magnesium per tablet. Used in clinical trials, this product demonstrates a proven high absorption and even breaks down in water.

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# Your KITCHEN APOTHECARY

Take inspiration from *The Apothecary Chef* with these delectable recipes made with beneficial herbs and plants for a long and healthy life.

## Rosemary calendula polenta cakes – by Nancy Silverton

Moist and crumbly at the same time, these tasty, aromatic polenta cakes sweetened with manuka honey are a sweet-savoury delight.

### Makes 12

#### INGREDIENTS:

- 2tsp minced rosemary, plus 24 tips to garnish
- 1tsp finely chopped dried calendula petals
- 45g (1½ oz) light brown sugar
- 400g (14oz) plain flour or pastry flour, plus extra for dusting
- 190g (6¾ oz) stoneground yellow polenta
- 1tbsp plus 1tsp baking powder
- 350g (12oz) unsalted butter, cut into 3mm (¼ inch) cubes and frozen
- 1 large egg, plus 1 large egg yolk
- 3tbsp manuka honey
- 125g (4½ oz) crème fraîche

#### TO SERVE:

- 2tsp double cream
- 24 rosemary tips with a bit of sprig
- 1tbsp dried or fresh calendula
- Petals

#### METHOD:

- Adjust the oven rack to the middle position and preheat oven to 180°C (350°F), Gas Mark 4. Line a baking sheet with non-stick baking paper or a silicone mat.
- Put the rosemary, calendula and sugar into a small bowl. Rub the herbs with your fingers to release the oils into the sugar, then set aside.
- In the bowl of a food processor fitted with the steel 'S' blade, or in the bowl of

- a stand mixer fitted with the paddle attachment, combine the flour, polenta, baking powder and sugar mixture and process, or mix on low speed, to incorporate. Add the butter and pulse, or mix on low, until the mixture is pale yellow and the consistency of a fine meal.
- Transfer the mixture to a large bowl and make a well in the centre. Pour in the egg, egg yolk, honey and crème fraîche and whisk together. Using one hand, draw in the dry ingredients, mixing until just combined.
- Wash and dry your hands, then lightly dust them with flour. Turn the dough out on to a lightly floured work surface and gently knead a few times, gathering the dough into a ball. Roll or pat the dough into a rectangle about 2cm (¾ in) thick. Cut the polenta cakes into rectangles (or whatever shape you wish), cutting closely together and keeping the trimmings intact.
- Gather the trimmings and gently push and press together, then cut out the remaining dough. Place the polenta cakes 2.5cm (1in) apart on the prepared baking sheet.
- Brush the tops with the cream, then press two rosemary sprigs and a scattering of chopped calendula petals on top of each.
- Bake for 30 minutes until slightly browned and firm to the touch. Let sit until cool enough to eat, then serve immediately.



## Allotment tomato, anchovy and Parmesan gratin – by Natasha MacAller

One of the many joys of late summer is picking heavy, fragrant multicoloured heirloom tomatoes at their peak of flavour and making this quick gratin, to serve as an al fresco lunch or an evening side dish.

### Serves 4 :

#### INGREDIENTS:

- 4 large heirloom tomatoes (your favourite varieties)
- 2tsp flaky sea salt crumbled with 1tsp granulated sugar
- 3tbsp extra virgin olive oil, plus extra for drizzling
- 130g (4½ oz) fresh sourdough bread, torn into chunks
- 1 onion, chopped
- 1-2 garlic cloves, chopped (optional)
- 3-4 anchovy fillets in oil, drained and chopped
- Small handful of flat leaf parsley leaves, chopped
- 1tbsp capers, drained
- 60g (2¼ oz) freshly grated hard cheese, such as pecorino or Parmesan

#### TO SERVE:

- Chopped chives
- Freshly ground black pepper

#### METHOD:

- Core, then horizontally slice the tomatoes into 1cm (½ in) thick circles. Arrange the tomatoes in a single layer on a grated cooling rack on top of a baking tray, sprinkle with the salt and sugar mix and leave to drain for one-1.5 hours.
- Preheat the oven to 160°C (325°F) Gas Mark 3. Brush a gratin dish with olive oil and set aside.
- Heat one tablespoon of the olive oil in a medium saucepan. Add the sourdough chunks and cook, stirring frequently, for six to eight minutes until toasted golden brown. Transfer the croutons to kitchen paper to drain.
- Put the remaining olive oil into a small pan. Add the onion and cook over a low heat for five to seven minutes, stirring occasionally, until translucent. Add the garlic (if using), anchovies, parsley and capers, combine well, then remove from the heat.
- Fan the drained tomatoes in the bottom of the gratin dish in two to three layers, then spoon the onion mixture in an even layer on top. Sprinkle over the croutons, then sprinkle cheese over everything.
- Drizzle with olive oil and bake for 40 minutes, or until golden brown. Sprinkle the chives over top, garnish with black pepper and serve warm.

**NOTE:** A tasty technique to make croutons is to cut or tear open a fresh loaf of sourdough and pull random-sized pieces of bread with your fingers from the centre to the crust. Toast in a low oven until dry, cool completely then freeze tightly wrapped until needed.



## Old-fashioned plum, apple and rye buckle

Serves 6

**INGREDIENTS:**

- 135g (5oz) white wholewheat flour or plain flour
- 60g (2¼ oz) rye flour
- 40g (1½ oz) masa harina or fine polenta
- 1tsp baking powder
- 1tsp ground cardamom, plus extra for sprinkling
- ¼ tsp sea salt
- 150g (5½ oz) granulated sugar
- 1tbsp lemon zest
- 75g (2½ oz) butter, at room temperature
- 3 large eggs
- 85ml extra virgin olive oil, plus extra for greasing

**METHOD:**

- Preheat the oven to 180°C (350°F), Gas Mark 4. Liberally coat a 23cm (9in) square or oval baking dish with oil.
- Whisk the flours, polenta, baking powder, cardamom and salt together in a medium bowl and set aside.
- In a small bowl, mix two tablespoons of the sugar with the lemon zest and rub the sugar with the zest to release the citrus oils.
- In a large bowl with an electric hand whisk, or in the bowl of a stand mixer fitted with the paddle attachment, beat the butter, sugar and lemon sugar until well combined and fluffy, scraping down the sides of the bowl occasionally. Add the eggs, one at a time, and beat until well combined. Scrape down the sides of the bowl. Add the oil, vanilla and ginger, then beat for another 30 seconds. Fold in the flour mixture in two stages, beating on low speed until just combined.
- Spoon the batter evenly into the prepared dish. Arrange the plums and apples slightly overlapping on top, pressing them gently into the batter to partially submerge them. Sprinkle the fennel sugar over the top. Bake for 28-32 minutes until golden brown and a skewer inserted into the centre comes out clean (check at 20 minutes to avoid overbaking). Leave to cool in the tin on a wire rack for at least 15 minutes then, using a serving spoon, scoop the warm buckle into bowls and top with a dollop of Greek yogurt or thickened cream sprinkled with a little ground cardamom. Garnish with edible flowers, if liked.

- 2tsp vanilla bean paste or extract
- 30g (1oz) crystallized ginger, chopped
- 3 large juicy plums, about 425g (15oz) in total, halved, cut into 1cm (½ in) thick slices
- 2 small apples, about 425g (15oz) in total, peeled, cored and cut into 1cm (½ in) thick slices
- 1tbsp demerara sugar mixed with ¾ tsp fennel seeds
- Greek yogurt or thickened cream,

**TO SERVE:**

- Edible flowers (optional), to garnish



*The Apothecary Chef*  
by Natasha MacAller. Published by Kyle Books. Photography by Manja Wachsmuth.

# Natural Lifestyle

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Delicious  
fruity taste

More energy,  
less tiredness  
and fatigue\*

Individual  
iron supply

Also available  
in convenient  
sachets



Without  
alcohol

Vegan

Yeast, gluten-  
and lactose  
free

No preservatives

Ask in store for a sample



\*Iron contributes to a normal energy-yielding metabolism and the reduction of tiredness and fatigue.